

# Growing Healthy Families

NEWPORT DISTRICT OFFICE • Vermont Department of Health, WIC Program  
100 Main Street, Suite 220, Newport, VT 05855 • 1-802-334-6707 or 1-800-952-2945

## eWIC Learning Sessions

See the back for dates, times and locations.

At each learning session a cookbook will be raffled off. The names of people who attend learning sessions will be placed in a raffle for a slow cooker.

## Secrets of baby behavior

Babies are born with the ability to communicate. Babies use their bodies and make noises to let their parents and caregivers know when they need to eat, learn, play or rest. These are called cues. Understanding your baby better can help you feel less stressed and more confident. We will talk about hunger cues, infant sleep patterns and reasons for crying. We will also help you find solutions to common concerns. Join other families to learn more. Classes are ongoing. Call for times that work for your schedule.

For more information contact Chantale Nadeau, MS, IBCLC, WIC Nutritionist at 802-334-6707 or [Chantale.Nadeau@vermont.gov](mailto:Chantale.Nadeau@vermont.gov).

All activities are FREE  
of charge!

## Breastfeeding: Preparing for birth and the first 10 days:

**Mondays**

**December 14**  
1:00–2:00 p.m.

**February 8**  
1:00–2:00 p.m.

**Emory Hebard State Office  
Building**  
100 Main Street, Suite 220  
Newport

Even though breastfeeding is normal and natural, mothers and babies have to learn to breastfeed together. Join other pregnant women like you to learn about hospital practices that support breastfeeding, and about signs that breastfeeding is going well. Fathers and grandparents are welcome, too!

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## Shopping with WIC!

Make the most of your new eWIC card. Join us at your favorite store.

**Day One Kick off**  
**Monday, February 1**  
9:00 a.m.–3:00 p.m.  
on the hour  
Price Chopper, Derby  
Shaws, Derby  
Vista, Newport

**Tuesday, February 2**  
9:00 a.m.–Noon  
Vista, Newport

**Wednesday, February 3**  
3:00–6:00 p.m.  
Price Chopper, Derby

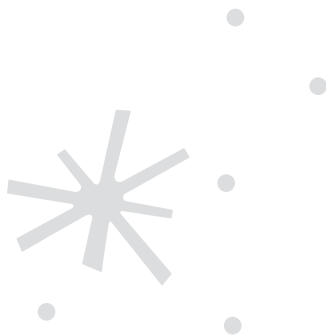
**Thursday, February 4**  
1:30 p.m.  
Solomon's Grocery Store  
North Stratford

**Friday, February 5**  
9:00 a.m.–12:00  
Shaws, Derby

**Monday, February 8**  
1:00–4:00 p.m.  
Vista, Newport

**Tuesday, February 9**  
9:00 a.m.–Noon  
Price Chopper, Derby

**Thursday, February 11**  
1:00–4:00 p.m.  
Shaws, Derby





## Get WIC your way with the new WIC card!

More choices and greater convenience are coming your way as WIC changes from home delivery of WIC foods to a new electronic benefits card. Starting February 2016, you will shop for all your WIC foods at major supermarkets using the new WIC card.

### More choices

With an expanded number of WIC-approved food items, you will get to choose among many different brands for dairy, eggs, peanut butter, whole grains, fruits and veggies, cereals and more! Exciting new additions to the WIC food list are yogurt, whole wheat pasta and tortillas.

The WIC card does not change the amount of WIC food benefits you receive, but it will give you more flexibility to buy what you want each month, when you need it. WIC is also expanding our nutrition education offerings so you will have more opportunities to get ideas and make connections that will help you keep your family healthy and happy.

### Getting your card

Bring your family to an eWIC Learning Session to get familiar with the new food choices and to see how the WIC card works. Watch for the schedule of dates with your home deliveries. We'll also post the schedule on the Vermont Department of Health WIC website and the Newport Facebook page. Sign up early so you won't miss out when it's time to shop. After attending the eWIC Learning Session, you will receive your new WIC card in the mail.

### Ready, set, shop!

Home delivery for Newport District Office WIC families will end the last week of January, 2016. You'll be able to use your new WIC card in authorized stores beginning February 1st. Your food benefits will be re-issued every three months, either at a WIC appointment, a group event, or after completing an online nutrition activity.

The new WIC card will give you more flexibility, expanded choices, and greater convenience in using your WIC food benefits. It's one of the ways WIC is working hard to be your trusted source for good nutrition.

Learn more at [healthvermont.gov/wic](http://healthvermont.gov/wic)  
or [facebook.com/vdhnewport](https://www.facebook.com/vdhnewport)

## Newport eWIC Learning Sessions

Drop in anytime during the times listed.

**Wednesday, December 2**

**2:00 p.m.**

**WIC Office**

**Thursday, December 3**

**1:30 p.m.**

**Canaan WIC Site**

**Friday, December 11**

**10:00 a.m.**

**WIC Office**

**Monday, December 14**

**10:00 a.m.**

**WIC Office**

**Tuesday, January 19**

**11:00 a.m., 3:00 p.m. and 5:00 p.m.**

**WIC Office**

**Wednesday, January 20**

**1:00 p.m. and 3:00 p.m.**

**WIC Office**

**Friday, January 22**

**9:00 a.m. and 11:00 a.m.**

**WIC Office**

**Monday, January 25**

**9:00 a.m. and 11:00 a.m.**

**WIC Office**

**Wednesday, January 27**

**2:00 p.m. and 5:00 p.m.**

**WIC Office**

**Friday, January 29**

**9:00 a.m. and 11:00 a.m.**

**WIC Office**